



Collegiates and New OCS Selectees,

Happy Summer! Hopefully you've wrapped up with the spring semester by now and are able to take a break from the lecture halls and labs. If you are taking classes this summer or were able to get an internship, keep up the hard work and learn as much as you can! And if you graduated this year, Congrats! Continue to prepare yourself for OCS. Please feel free to contact us with any questions or concerns. We look forward to you joining the ranks!

- CEC Accessions Team

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#### LEADERSHIP TRAITS

Previously, you learned about the Marine Corps leadership traits and the qualities all leaders should embody and aspire to. Now, you will expand your knowledge to the Principles of Naval Leadership. I challenge you to take what you are learning and apply it to your leadership roles in your project assignments, student organizations, and community connections.

#### Set the example

- Show your subordinates that you are willing to do the same things you ask them to do.
- Be physically fit, well groomed and correctly dressed.
- Maintain an optimistic outlook.
- Conduct yourself so that your personal habits are not open to criticism.
- Exercise initiative and regard the spirit of initiative of your subordinates within your unit.
- Avoid showing favoritism to any subordinate.
- Delegate authority and avoid over supervision, in order to develop leadership among subordinates.

### **CAREER FOCUS**

#### Military Pay, Savings, and Life Insurance

As an officer in the military you are paid according to your rank and the amount of time you have served. The Defense Finance and Accounting Service (DFAS) is the agency that handles pay for all DoD military and civilian personnel, retirees, and major DoD contractors and vendors. Here is the link to the DFAS website which has some useful information to help explain what the different line items mean on your Leave and Earning Statement (LES) and also the military pay scale for the current year. <a href="http://www.dfas.mil/militarymembers/payentitlements/aboutpay.html">http://www.dfas.mil/militarymembers/payentitlements/aboutpay.html</a> The pay chart at this link does not include your Basic Allowance for Housing (BAH) or Basic Allowance for Subsistence (BAS). These are the untaxed allowances you receive in addition to





your basic pay. You can use this site to determine what your BAH based on your geographic location: <a href="http://www.defensetravel.dod.mil/site/bahCalc.cfm">http://www.defensetravel.dod.mil/site/bahCalc.cfm</a> This link explains what the BAS rate is: <a href="http://militarybenefits.info/2016-bas-basic-allowance-for-subsistence-rates/">http://militarybenefits.info/2016-bas-basic-allowance-for-subsistence-rates/</a>

You can view your LES by going to the MyPay website at: <a href="https://mypay.dfas.mil/mypay.aspx">https://mypay.dfas.mil/mypay.aspx</a>
This website can be accessed through a login ID/password or your Military CAC (ID) card.

This is what your LES looks like:

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If you are interested in starting a Thrift Savings Plan account you can also do this through the MyPay website and adjust the percentage of your pay you would like to contribute. There are Traditional or Roth TSP account types with a variety of fund types. To adjust which funds your monthly contribution goes toward you will have to visit the TSP website once your account is setup: <a href="https://www.tsp.gov/index.html">https://www.tsp.gov/index.html</a>. You can compare the funds and decide which ones are right for your investing style – ranging from low to high risk.

(https://www.tsp.gov/InvestmentFunds/FundsOverview/comparisonMatrix.html)

The TSP is an excellent way to start saving for your future retirement and it's very easy to use with the money being deducted directly from you paycheck (and reflected on your LES).



Insurance (SGLI).
ble service

You will also notice on your LES a deduction for Servicemembers Group Life Insurance (SGLI). SGLI is a program that provides low-cost term life insurance coverage to eligible service members. If eligible, you are automatically issued the maximum SGLI coverage. If you qualify for SGLI, you are automatically enrolled and do not need to apply for coverage. You can get more information about the SGLI at the VA website: <a href="http://www.benefits.va.gov/insurance/sgli.asp">http://www.benefits.va.gov/insurance/sgli.asp</a>

## **Summer Safety**

Simple risk management before engaging in summer activities can help keep Sailors, family members, and YOU safe. This link has some fact sheets with safety tips on many different topics: <a href="http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/summer\_safety/JuneFactSheet.pdf">http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/summer\_safety/JuneFactSheet.pdf</a>

Let's focus on grilling, fireworks, and fire safety since the Fourth of July is fast approaching.

There are more fires reported on Independence Day than any other day in the U.S. Fireworks and grilling can be dangerous so it's important to take precautions to prevent unwanted fires. June and July are peak grilling months, and every year gas grills cause about 7,200 house fires, while charcoal and other solid-fueled grills cause about 1,400 fires. More than a half of the fires involving grills start on an outdoor deck, patio, or porch.

Fireworks can also cause serious property damage and injury. In 2011, fireworks caused an estimated 17,800 reported fires which led to millions of dollars of property damage. Young people ages 15 to 24 are most at risk for fireworks injuries, which is why the safest way to enjoy them is to attend a public display by trained professionals.

### **Prevention Tips**

Be safe while grilling or enjoying fireworks this summer by taking these safety precautions:

- Propane and charcoal barbeque grills should only be used outdoors. Keep the grill away from the house, deck railings, and overhanging eaves or branches to avoid catching fire.
- Never leave your grill unattended. Keep children and pets away from the grilling area.
- Keep your grill clean by removing grease or fat buildup.
- If you use a propane grill, check the gas tank hose for leaks before using it for the first time each year.
- If you use a charcoal grill, only use charcoal starter fluid. Don't add starter fluid or any other flammable liquids to the fire once the grill has been lit.
- Light fireworks outside in a clear area, away from houses and other buildings.
- Don't let your kids pick up fireworks that have already been lit or may be left over because the firework might still be active.
- Keep a bucket of water nearby to soak fireworks that don't go off.





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